LONDON metro®
Tuesday, April 5, 2011
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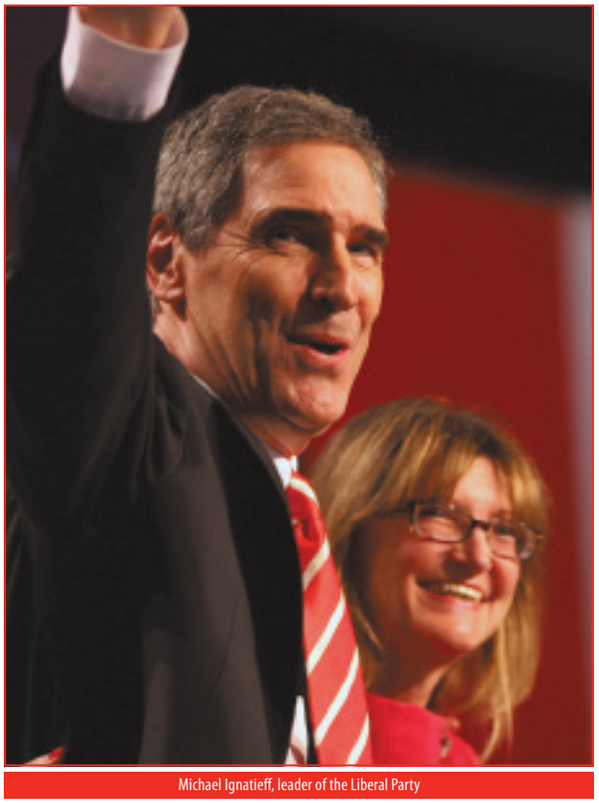
News worth sharing.

It's time for a leader who will do something to help your family.



Michael Ignatieff, leader of the Liberal Party

Presenting the new Liberal Family Pack

1. Learning Passport
2. Early Childhood Learning and Care
3. Family Care
4. Stronger Public Pensions
5. Green Renovation Tax Credit

To find out how the new Liberal Family Pack will help your family, turn the page.

Liberal

Your family. Your future. Your Canada.

Visit www.liberal.ca

The *New* Liberal Family Pack

"We can strengthen families – without raising your taxes – if we stop corporate give-aways, control wasteful spending like $30-billion fighter jets, and focus on what really matters: giving every Canadian the tools to succeed in the years ahead." - *Michael Ignatieff*

1 Learning Passport

- $1,000 a year over four years $4,000 in total into an RESP for every high school student to use when they go to college or university.
- For students in low income families, the amount will be $1,500 a year, or an extra $6,000 in total.

2 Early Childhood Learning and Care

- To give our kids the best start while giving parents access to affordable, quality child care, a Liberal government will create a new Early Childhood Learning and Care Fund.
- This fund will help create new child care spaces across Canada, with affordable fees, and qualified, professional staff.

3 Family Care

- A new Family Care Employment Insurance Benefit, similar to EI parental leave, to let you take six months off work to care for a gravely ill family member at home.
- A new Family Care Tax Benefit up to $1,350 annually, modeled on the Child Tax Benefit, to help low-and middle-income families manage costs.

4 Stronger Public Pensions

- Work with the provinces and territories to gradually expand the Canada Pension Plan (CPP), the most reliable, simple and low-cost way to save.
- A new Secure Retirement Option, which is a voluntary supplement that will let you top up your CPP. The SRO will make it easy to save for your retirement without the risk, costs and complexity of the stock market or RRSP's.
- Help low-income seniors with a $700 million boost to the Guaranteed Income Supplement (GIS).

5 Green Renovation Tax Credit

- A Liberal government will implement a Green Renovation Tax Credit of up to $13,500.
- This fund will help families with the up-front costs of energy-saving home renovations such as installing energy-efficient windows, improving insulation, replacing old appliances, and upgrading roofing.

Libéral

Your family. Your future. Your Canada.

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Authorized by the registered agent of the Liberal Party of Canada

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GRAND THEATRE SHOW A FITTING TRIBUTE
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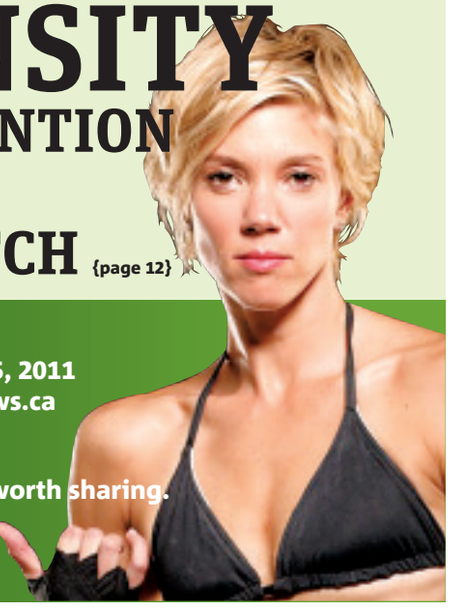
THINTERVENTION HOST STEPS IT UP A NOTCH {page 12}



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KYLE REA/METRO

No sweat just yet

Londoners might feel as if we are entitled to warm weather after a harsher-than-usual winter Environment Canada says no such luck

KYLE REA
@METRONEWS.CA

After a long cold winter, the allure of spending a warm spring day on a Richmond Row patio may sound tempting.

But you may have to wait a bit longer, as Environment Canada predicts a cooler and wetter spring.

"I think most Londoners would be anxious to see the winter-like weather end and summer-like weather come. But it doesn't look like we're going to go from slush to sweat," said Dave Phillips, senior meteorologist with Environment Canada. "I'm sure people are thinking we're owed this good weather and it's slow to come."

Phillips said this week provides a snapshot of how Environment Canada figures April will play out: A veritable yo-yo with rain and warm temperatures one day, but cool weather and even snow the next. But overall, it'll be cooler and wetter than normal.

With that in mind, Phillips advised people not to get out that patio furniture just yet.

"They're itching to put out the lawn furniture and put away the snow shovel, to begin getting the muscle shirts and tank tops ready," he said. "But sometimes you have to be a bit more patient — It doesn't always arrive when we want it to!"

2
In the last 63 years, London has only seen two Aprils without snow.

Play the waiting game

- London received 300 centimetres of snow this winter — the normal is 100 centimetres.
- March 21 may be the first official day of spring but Phillips said "nature's spring" for London arrives between April 10-15.
- Average temperature for the month of April is a high of 10 C and low of zero.

▶ Michaela McCready and Justin Cipparone try to keep dry while walking on King Street yesterday morning. A deluge of between 20 and 30 millimetres of rain fell on early morning commuters, meaning umbrellas and rain coats were required gear.

1 news

Lawyers urge Prince William a toward pre-nup. You know, like any good fairy tale. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Allan Small on the market impact of long-awaited good news about U.S. jobs growth. More at metronews.ca/investing.

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Layton backs loan for aircraft maker

KYLE REA/METRO

▶ Federal NDP Leader Jack Layton waves to a crowd of hundreds of supporters at the Four Points Sheraton in London yesterday.

NDP leader greeted by hundreds of supporters at rally in London

KYLE REA
@METRONEWS.CA

Federal NDP Leader Jack Layton has thrown his support behind a loan to help out Diamond Aircraft in London.

Layton arrived to cheers from hundreds of NDP supporters for a rally at the Four Points Sheraton in London yesterday.

"Is Ottawa broken? We can fix it," he said to chants of "We want Jack" from the crowd.

Less than a day earlier, Prime Minister Stephen Harper was also in London to rally local Conservatives, but said nothing regarding the situation at Diamond Aircraft.

In a media interview following the rally, Layton said he planned to meet with Diamond Aircraft president Peter Maurer and pledged his support for a $35-million federal loan.

"We believe that loan should be provided. It's always important to work with the firm and make sure everything is rock solid, and I have no doubt that could be done and would be done," Layton said.

Last month, Diamond Aircraft laid off 213 workers amid uncertainly about its D-Jet program. The company has already secured $55 million in provincial and private investment, but it needs a $35-million loan from Ottawa to get off the ground.

Last week, Liberal Leader Michael Ignatieff said he'll support a federal loan.

Positive spin

Jack Layton moved to cover a gap in the New Democrats' southern Ontario campaign.

The NDP's Ryan Dolby dropped out of the Elgin-Middlesex-London race last week and backed his Liberal rival. The move stunned New Democrats.

Fred Sinclair has replaced Dolby and Layton tried to put the best face on it.

"We're pleased with how things are going to unfold," Layton said.

THE CANADIAN PRESS

Former minister got $762K

Ontario's Liberal government was at a loss yesterday to explain why a former deputy minister of health was paid $762,000 in 2010 when he left government the year before.

The salary for Ron Sapsford was listed under Hamilton Health Sciences in last week's sunshine list of public-sector workers earning more than $100,000 a year.

Sapsford quit the government in 2009 after the $1-billion eHealth scandal, which saw very little progress toward electronic health records, but he still earned more than three-quarters of a million dollars from taxpayers in 2010.

"I can't comment on that," said Health Minister Deb Matthews. "I wasn't part of the arrangement with him."

Matthews' staff said the government was bound by secrecy so Sapsford himself would have to explain the huge payout.

Sapsford, now the chief negotiator for the Ontario Medical Association, declined comment yesterday.

THE CANADIAN PRESS

NDP bill

▶ The NDP suspects Ron Sapsford's salary for 2010 was actually a severance payment, and introduced a bill yesterday to rein in what they called "excessive compensation and sweetheart severance deals" for public-sector executives.

News in brief

Man charged in disturbance

ARREST. A London man has been charged after a disturbance early Saturday at a McDonald's at 1159 Highbury Ave.

Police said around 2:13 a.m. an intoxicated male was in the parking lot, swearing at restaurant patrons. He was arrested and secured in a police cruiser when he allegedly smashed out the window with his feet.

Justin Cook, 28, is charged with causing a disturbance, damaging a motor vehicle and public intoxication. METRO

Charge laid after stabbing

ASSAULT. A Wallaceburg man has been charged after an alleged stabbing near 699 Wilkins St.

Police said two 21-year-old men were arguing early Saturday when one stabbed the other in the shoulder with a knife.

Joseph Altiman is charged with assault causing bodily harm. METRO

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Honouring her late friend in a one-woman show

- Nora McLellan stars as Shirley Valentine at The Grand Theatre
- Valentine is a working class, married woman who transforms her life

CLAUS ANDERSEN/FOR METRO

▶ Nora McLellan stars as a middle-aged housewife who needs a break in Shirley Valentine at The Grand Theatre.

JIM REYNO
@METRONEWS.CA

On the stage, on the walls and in her heart, Nora McLellan remembers her friend.

McLellan, portraying Shirley Valentine in a tour de force one-woman show at The Grand Theatre, has dedicated her performance to her friend Susan Wright and her parents, who were killed in a house fire in 1991. Wright had portrayed Valentine at The Grand a few months earlier.

"They were my family. They were my second family," said McLellan. "So 20 years after the fact, I felt that I wanted to come here and finish the business that Susan started."

The Grand green room, an area for performers, is named the Susan Wright Lounge.

"It's big shoes to fill. Her pictures are all around staring at me, and I thought, 'Oh God, even dead, Susie, you'd be better than me," McLellan said with a laugh.

Shirley Valentine is a demanding role. A middle-aged woman fed up with her middling life, Valentine does what few of us have the courage to do: She changes it. Often outrageously funny, Valentine is still a fully realized character. She also lets the audience in on the heartache and frustration that inspires her to change her life.

And it's not just a girls' story. As McLellan points out, the play was written by a man, Willy Russell.

"It's as Russell says, it's the same for everyone," said McLellan. "We have all these unused lives."

Although Valentine is a solo performance, it's a tongue-twisting one. She has a thick Liverpudlian accent and also mimics other people, including a friendly Greek man and an executive-class prostitute whose elocution is very, very clear.

Kudos to dialect coach Nancy Benjamin.

"The coaches that we get to work with in this area of the world are just so wonderful and nurturing," said McLellan. "You either got it or you ain't, and they can get you there."

Show timings

- **See** Shirley Valentine, starring Nora McLellan and directed by David Latham, at The Grand Theatre
- **Shows** Today to Thursday, 7:30 p.m.; Friday 8 p.m., Saturday 2 p.m., 8 p.m.
- **Tickets** Visit grandtheatre.com or call the Box Office at 519-672-8800.

Summit aims to find 'core values'

Got an opinion on what should be done downtown? You're welcome to share it at the Downtown Core Summit.

The Downtown Core Summit will be held April 27 from 4:30 p.m. to 7 p.m. at Covent Garden Market.

"We need to talk about partnerships, options and opportunities," said Mayor Joe Fontana in a release. "

The summit is open to all Londoners with an interest in the core.

"The city has invested heavily in rejuvenating downtown and now we want to take it to the next level and explore all opportunities to continue the growth," said downtown Coun. Judy Bryant.

The summit recommendations will be presented to city council this spring. METRO

CONTRIBUTED

▶ Judy Bryant

"We want to position the core as London's premiere destination for business, culture and entertainment while creating a great place to live."
COUN. JUDY BRYANT

RALLY

'Slut walk' set for London

Last January, a Toronto police officer told a York university audience that women could avoid rape if they didn't dress like "sluts." He has since apologized, but his statement inspired hundreds of women to rally in Toronto this past weekend.

Sarah Scanlan is one of the organizers of the London walk set for Sunday at noon in Victoria Park.

"That one officer spoke the minds of many people in our society and not Toronto, not London, but across the globe," Scanlan said.

But director Megan Walker says the London Abused Women's Centre will not support the slut walk.

"What they're attempting to do ... is reclaim the word 'slut,'" Walker said. "That's not a word that has ever belonged to women, it's a word that's a patriarchal term used to degrade women, and the London Abused Women's Centre doesn't have any interest in reclaiming that word."

AM980/AM980.CA

Student discount for Groban fans

Students who are Josh Groban fans, rejoice: There's a student discount for his concert July 19 at the JLC.

If you have a valid student ID, tickets cost $25 plus fees at all ticket outlets. It's a limited time offer, limit two tickets per student. For more information, visit livenation.com.

Tickets are regularly priced $99.50 and $69.50 plus fees.

METRO

Charges laid after alleged robberies

Police have charged a London man after two alleged robberies near King and Richmond early Saturday morning.

Police said the suspect allegedly took money from the victims at around 1:20 a.m. Neither victim was injured.

Wayne Nicholls, 42, is charged with two counts of robbery.

METRO

Abortion, gay marriage not on agenda: Harper

Prime minister tries to clear the air about supposed 'secret' Tory priorities Hot-button issues emerge as Conservatives aim for majority

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Two-year-old Ethan Bobak cheers for Prime Minister Stephen Harper as he answers media questions following a campaign event at Ethan's grandfather's farm in Wainfleet, Ont., yesterday.

Stephen Harper says Canadians don't have to worry about a secret agenda if they give him his first majority government.

The prime minister told supporters in the Niagara Falls region yesterday he would not try to pass laws against abortion or same-sex marriage if elected with a majority.

Harper was not asked and did not say whether he would support a private member's bill on the issues.

In answer to a question from a reporter, Harper said he would implement promises in his platform if given a majority, stressing those two issues are not a priority with the party.

He would, however, move to abolish the long-gun registry, which he said has been a long-standing position of his party.

The Conservatives have long been plagued with the spectre of a secret agenda should they have enough seats in the House of Commons to override opposition checks, an issue that has dogged their campaign in past elections.

"Abolishing the long-gun registry is a position of the Conservative party held by every single member of the caucus."
PRIME MINISTER STEPHEN HARPER

The issue is emerging again because some recent polls show the party within striking distance of forming a majority.

Harper is gearing his campaign on picking up the additional dozen or so seats he needs for a majority.

THE CANADIAN PRESS

Liberals make gains in Week 1: Poll

A new poll suggests the Liberals made modest gains on the Tories at the end of the federal election campaign's first week.

The Canadian Press Harris-Decima poll put the NDP at 17 per cent, while the Bloc Québécois stood at 10 per cent and the Greens at eight.

The results are almost identical to the federal election standings that delivered a Conservative minority government in 2008.

The phone survey of 1,000 people has a margin of error of plus or minus 3.1 percentage points, 19 times out of 20. THE CANADIAN PRESS

35

The Canadian Press Harris-Decima poll put the Conservatives at 35 per cent support, ahead of the Liberals at 28 per cent.

Grits promise paid education for veterans

"We've got the largest number of veterans returning from combat since the Korean War."
LIBERAL LEADER MICHAEL IGNATIEFF

Canadian soldiers can expect four years of government-paid education or technical training after they leave the military under a Liberal government, Liberal Leader Michael Ignatieff said yesterday.

He's billing the measure as something that could change the way soldiers are recruited in Canada.

"These are people who put their lives on the line for us and for the freedom of others," Ignatieff said, as he detailed the latest plank in his party's platform.

The program would cost about $60 million a year.

The Liberal leader said the plan is permanent, calling it "by far the most ambitious program of support for veterans in a generation or two." THE CANADIAN PRESS

FULL DISCLOSURE

Former aide hid criminal past, says PM

A former top adviser to Stephen Harper says he received security clearance to work in the Prime Minister's Office after disclosing his criminal record.

Bruce Carson says he recalls mentioning his criminal past in early 2006 to Ian Brodie, then Harper's chief-of-staff, when applying for the Secret-level clearance.

The prime minister says he would never have hired Carson had he known details now emerging about him.

Harper says the government will have to do a better job of vetting employees following weekend revelations concerning Carson, who is currently under investigation by the RCMP.

The Canadian Press reported that Carson was convicted on five counts of fraud before becoming one of Harper's closest advisers.
THE CANADIAN PRESS

Police look into election sign defacing

The campaign team of the federal Liberal candidate in Nepean-Carleton has asked Ottawa police to investigate after his campaign signs were vandalized.

More than 100 signs placed on public property by Ryan Keon's campaign team were tagged with crude drawings resembling crosshairs of a rifle scope and other vandalism overnight on Friday.

Keon says the signs had black spray paint as well as graphic and explicit messages on them.
THE CANADIAN PRESS

Missing B.C. couple last seen in U.S.

RCMP officers and the family of a middle-aged Penticton, B.C. couple who vanished two weeks ago en route to a trade show in Las Vegas have so far come up empty-handed in their search efforts.

On Sunday, police released the last known photographs of Albert and Rita Chretien while their son also tried to determine his next steps in the search.

The still shots released by RCMP show the couple paying for gas at a Shell station in Oregon state on March 19.
THE CANADIAN PRESS

Crime wave grips Egypt

Gunmen kidnapped a grandniece of former Egyptian president Anwar Sadat and demanded a ransom. In the south, robbers didn't bother to wait until dark to hit pedestrians.

A police state just three months ago, crime has risen 200 per cent in Egypt since Hosni Mubarak's ouster from presidency.

Murder, violent theft and kidnapping are leading the surge, security officials said.

This country of 80 million has become a free-for-all for criminals taking advantage of a weakened police force and political uncertainty.

THE ASSOCIATED PRESS

BILL FOLEY/THE ASSOCIATED PRESS

▶ Then Egyptian president Anwar Sadat in 1980.

Radioactive water dumped into Pacific sea

More than 3 gallons purposely pumped from tsunami-crippled plant

Workers began pumping contaminated water from Japan's tsunami-ravaged nuclear plant into the Pacific Ocean yesterday, freeing storage space for even more highly radioactive water that has hampered efforts to stabilize the reactors.

It will take about two days to pump most of the less-radioactive water out of the Fukushima Dai-ichi nuclear complex, whose cooling systems were knocked out by the magnitude-9.0 earthquake and tsunami on March 11. Radioactivity is quickly diluted in the ocean, and government officials said the dump should not affect safety of seafood.

Since the disaster, water with different levels of radioactivity has been pooling throughout the plant. People who live within 20 kilometres have been evacuated.

The pooling water has damaged systems and the radiation hazard has prevented workers from getting close enough to power up cooling systems needed to stabilize dangerously vulnerable fuel rods.

On Saturday, they discovered radioactive water was pouring into the ocean. The less-radioactive water officials are purposely dumping is up to 500 times the legal limit for radiation.

Workers plan to install screens made of polyester fabric to try to stop some of the contamination in the ocean from spreading.

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2011 City of London Membership/
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NEW
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Unlimited & Regular Memberships
The Unlimited Membership offers great value to the avid golfer. This membership provides access with no restrictions to all City golf courses for a one-time fee.
NEW for 2011 is the Junior Unlimited Thames Valley Hickory 9 Membership for golfers ages 9 to 18. This is a great membership to introduce young players to the game for a one-time low price.
The Unlimited Weekday Membership is designed for the golfer able to play Monday to Friday exclusively. This package does not include weekends.
The Value Membership offers an unlimited membership structure for play at River Road, Fanshawe Quarry, and Thames Valley Hickory 9.
The Regular Membership is filled with value! Pay an initial fee and then 50% green fees all season.
All three pro shops offer member discounts.
Unlimited Membership (7 days)
Adult (19+) $1,350
Senior (65+) $1,225
Youth (9-18) $475
Weekday (all ages) $995
Adult Value (19+) $1,050
Senior Value (65+) $950
Hickory (9-18) $200
Regular Membership (7 days)
Adult (19+) $275
Senior (65+) $235
Youth (9-18) $150
Hickory (19+) $150
Hickory (9-18) $90
All Membership Fees Subject to HST
Green Fees NEW Junior Golf fees for golfers ages 9 to 18!
May 1 – September 30 Prices
Course | Prime (Open to 1:00 p.m.) | Afternoon (1:00 p.m. – 5:00 p.m.) | Twilight (5:00 p.m. – Dusk) | 9 Holes | Junior
Thames Valley Classic | $33.00 | $32.00 | $20.00 | N/A | $20.00
Fanshawe Traditional | | | | $22.00 |
Fanshawe Quarry | $28.00 | $28.00 | | N/A |
River Road | $32.00 | | | $22.00 |
Hickory 9 | | | | $20.00 | $15.00
All Green Fees include HST
Fanshawe Golf Course
2835 Sunningdale Rd. E.
519-661-4450 (Press 2)
River Road Golf Course
2115 River Rd.
519-661-4450 (Press 1)
Thames Valley Golf Course
850 Sunninghill Ave.
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CANADA

THE ASSOCIATED PRESS/NASSER NASSER

▶ Libyan youth in Brega yesterday.

Libyan forces push into oil town Brega

Rebel fighters pushed back into Brega yesterday, seizing half of the oil town and pledging to drive out Libyan leader Moammar Gadhafi's forces in hours in an advance that would open a vital conduit for oil sales by the opposition.

Control of Brega's small refinery and Mediterranean port could boost the rebels' hunt for revenues to buy heavy weapons for the fight against Gadhafi's better-equipped troops and militiamen.

THE ASSOCIATED PRESS

News in brief

Cracks found in 3 planes

Three more Southwest Airlines jetliners have small, subsurface cracks similar to the ones suspected in the fuselage tear on another plane. Federal aviation officials are considering an order for airlines to inspect their aircraft. Since the tear, Southwest Airlines grounded 79 aircraft.

THE ASSOCIATED PRESS

Visitor attacks U.S. painting

Officials at Washinton's National Gallery of Art are inspecting a painting by Paul Gauguin for damage after a woman, screaming, "This is evil," tried to pull his "Two Tahitian Women" off the wall.

THE ASSOCIATED PRESS

SPRING BUSINESS OUTLOOK

Canadian firms curb enthusiasm

Rising oil and food prices, along with the persistent strength of the loonie, are chipping away at plans by Canadian businesses to hire and reinvest, the Bank of Canada said yesterday.

Its spring business outlook survey shows that Canadian firms remain bullish about the future, but less so than three months ago. Overall, the survey shows that the economic recovery is advancing, and more firms, particularly in the Prairies, are operating near capacity. Optimism is highest among commodity-related industries.

But high prices for energy and food are having a negative effect on household spending, and the firms say they expect a more moderate pace of sales growth, investment and hiring over the next 12 months than in the previous year.

The latest survey was conducted between Feb. 14 and March 10 and involved senior management from 100 firms representative of the Canadian economy.

The Bank of Canada uses the findings in its deliberations over interest-rate policy, but nothing in the current report suggests governor Mark Carney is primed to hike rates on April 12, the next opportunity.

Most economists continue to believe that Carney will leave a hike on the sidelines until July.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 88.2 (14,218.25)	– 0.33¢ (103.36¢ US)	+ 53¢ US ($108.47 US)	1,000 cu ft $4.289 US (– 7.3¢ US)

Gold contracts $1,433 US (+ $4.10 US)

Google eyes Nortel patents, research

ADRIAN WYLD/THE CANADIAN PRESS

▶ Google Inc. has bid $900 million US for about 6,000 patents from Nortel, whose corporate headquarters is in Toronto.

◗ Deal would propel Google into telecom market ◗ Auction in June

Global tech titan Google Inc. wants to scoop up the Nortel Networks patent portfolio, and is willing to pay at least $900 million US for the package, Nortel said yesterday.

Google's stalking-horse offer, for what is practically the last major asset to be sold by the bankrupt Canadian technology giant, will be the opening bid in an auction that could push the final price higher. The deal would provide legal rights to a broad range of telecom technologies.

Kent Walker, general counsel for California-based Google, says its bid for the patents is a defence against "an explosion in patent litigation." If successful, Google hopes the patents will help it and its partners to innovate and also "create a disincentive" for others to sue Google, he said.

The ultimate monetary value of the patents is difficult to judge, since that depends on how useful they are in making products that generate revenue.

THE CANADIAN PRESS

Patents pending

Nortel was Canada's largest spender on R & D, but some of its work was either a technological dead end or too advanced for the times.

- **Google seeks about 6,000** patents and patent applications including 4G wireless, data networking, optical, voice, Internet, semiconductor and other portfolios.
- **Ten years ago, Nortel was** among the world's most advanced developers of telecom equipment, with research facilities in Ottawa and around the world. It was felled by market conditions, economic upheaval and an accounting scandal.

Toyota set to shut down U.S. factories

Toyota Motor Corp. will have to shut down North American factories due to a shortage of parts from Japan. However, Toyota Canada's plants in Cambridge and Woodstock, Ont., will remain open, the company said yesterday.

The U.S. shutdowns will likely take place this month, affecting about 25,000 workers. But no layoffs are expected. Just how long the closures would last was not announced.

Toyota gets about 15 per cent of its parts from Japan for cars and trucks built in North America. The company has more than a dozen North American factories.

The shortage of parts has affected other automakers as well. Last week, Ford Motor Co. and Nissan Motor Co. said several plants would be closed for part of this month, and Chrysler said it will see disruptions.

Nissan Americas is closing five North American plants for several days this month because of parts supply disruptions.

Meanwhile, Honda Motor Co. plans to restart its Sayama Plant and Suzuka Factory on April 11. When those two plants come back on line, all of Honda's auto-assembly factories will be back in operation, but they'll be running at about half the normal rate because of parts shortages.

THE ASSOCIATED PRESS

EUGENE HOSHIKO/THE ASSOCIATED PRESS

▶ A Toyota worker photographs vehicles damaged by the March 11 tsunami at Sendai port in northeastern Japan.

Auto focus

- **Japan's daily auto** production has fallen by about 37,000 vehicles, says Carlos Gomes, senior economist at Scotiabank.
- **Fifteen Toyota plants** in Japan have resumed production of vehicles or parts, Toyota Motor Corp. said last week. The rest remain closed indefinitely.

Keystone pipeline needs safeguards: Expert

A New York Times editorial slamming the proposed Keystone XL oil pipeline shows that the public-relations campaigns touting the benefits of Canadian crude are not working, an energy policy expert says.

The weekend editorial called the environmental risks from the pipeline "enormous," and urged Secretary of State Hillary Clinton not to approve the project.

Andrew Leach of the University of Alberta says industry and government must back up their talk with a state-of-the-art environmental monitoring system. The $13-billion pipeline, proposed by Calgary-based TransCanada Corp., would carry crude from Alberta's oilsands to refineries along the Texas coast. THE CANADIAN PRESS

TD mortgage rates to rise

TD Canada Trust is raising most of its fixed-term mortgage rates. The biggest increases will be for mortgages with terms of five to 10 years, which go up by 0.35 percentage points today. The posted rate for five-year closed mortgages — one of the most popular types of home loans — will rise to 5.69 per cent.

THE CANADIAN PRESS

She says ...

JESSICA NAPIER

ENGAGING CHARACTERS

There comes a time in your mid- to late 20s when you start to realize that all of your friends are getting engaged. Suddenly, all of those long-term couples that seemed perfectly content to cohabitate are putting a ring on it and making it official.

When announcing upcoming nuptials to friends and family, the newly betrothed can expect a diverse range of reactions. Jubilant shrieks of excitement are not uncommon, as are tactless inquiries about carat size from nosy co-workers. And while there are plenty of books on wedding etiquette, not everyone understands the proper protocol when it comes to engagements. Here are just a few of the not-so-well-mannered characters you might encounter after you announce that you are tying the knot.

The pressure-cooker friend

"So, have you picked a date ... thought about the flowers ... booked a photographer?" This hyper-organized pal will whip up a spreadsheet of wedding related to-dos before you have even finished your first glass of celebratory champagne.

The desperate to be in the wedding party friend

Expect this friend to spend a lot of time reminding you just how close you are — the very ambitious campaigners might even deliver a Why I Deserve To Be Your Maid Of Honour/Best Man speech in an attempt to secure a spot up at the altar. Alternatively, some friends will disappear from your radar entirely in the hopes you don't ask them to don pink taffeta on the big day.

The disapproving friend

Inevitably, some friends will choose the moments following your engagement to let you know how they really feel. Disapproving pals will complain about losing their fun single friend, inquire whether or not you are really ready for this commitment and insinuate that maybe you could do better.

The why couldn't it have been me friend

This Debbie Downer will find any way to turn your happy news into an "it's all about me" situation. After she offers a half-hearted "congratulations" you will find yourself consoling her while she hosts her own pity party and delivers a self-absorbed monologue on her own failed romantic life.

While there are plenty of wrong ways to behave around the bride and groom-to-be there is really only one thing you need to know about post-engagement decorum: Act happy, even if you're not. If you want to be a good friend, send a card, but keep your opinions to yourself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

NICOSIA, Cyprus. A jailed Cypriot murderer ordered his brother to dig up the corpse of the island's former president and hide it so he could negotiate his own release from prison, a court ruled yesterday.

The court found the jailed murderer, his brother and another man guilty of unlawfully exhuming the body of Tassos Papadopoulos.

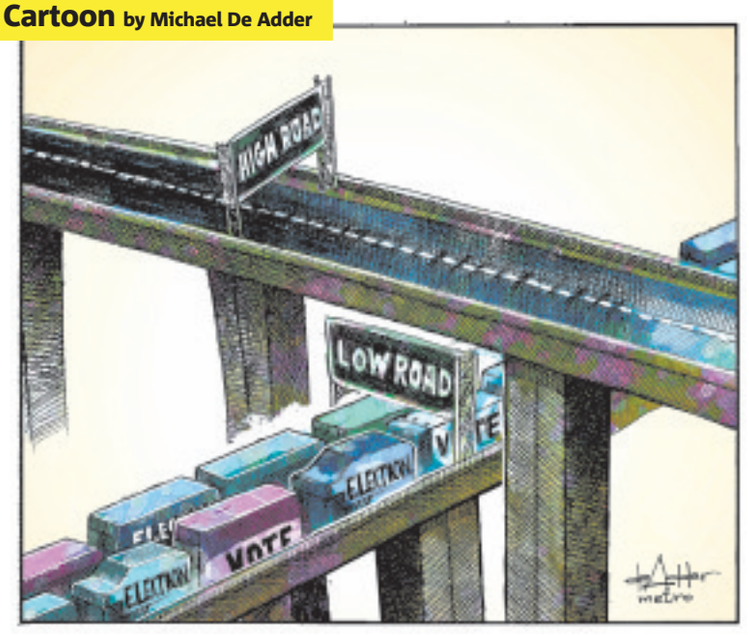
Papadopoulos's corpse was snatched from a Nicosia cemetery during an overnight storm in December 2009 and reburied three months later after police found his body and arrested the suspects.

The case shocked public opinion, and even touched off rumours of political motivation in light of ongoing talks to reunify the island that was split into a Greek Cypriot south and a breakaway Turkish Cypriot north in 1974.

Papadopoulos served as president between 2003 and 2008, and died of cancer that year at 74, months after losing a re-election bid to current President Dimitris Christofias.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

'Sacred' turtle puts up a fight in Vietnam

Veterinarians examined a rare giant turtle considered sacred by many Vietnamese at a makeshift hospital in Hanoi yesterday to check mysterious lesions afflicting one of the last four known members of its species.

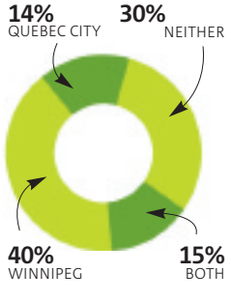
The giant soft-shell turtle, which has a shell the size of a desk and is estimated to weigh approximately 200 kilograms, was pulled from a lake in the heart of the capital Sunday.

Tests were being run to try to pinpoint what is ailing the creature, said Tim McCormack, program co-ordinator of the Asian Turtle Program. He said photos taken of it in a holding tank showed injuries on its legs and elsewhere, but it was not yet clear how serious they are.

The animal is believed to be about 80 to 100 years old, though many Vietnamese believe it is the same mythical creature said to have helped King Le Loi fend off the Chinese nearly six centuries ago. It took 50 workers two hours Sunday to net the turtle and put it in a cage. It is the first time anyone has captured the creature, which escaped through two nets during a similar rescue attempt last month. THE ASSOCIATED PRESS

Take the poll online at metronews.ca

Which city do you think will get an NHL team?



TODAY'S QUESTION: EAT ST. IS DEBUTING WEDNESDAY ON FOOD NETWORK CANADA. WHAT'S YOUR FAVOURITE STREET EAT?

Local tweets

- **@dddaniela:** so warm outside, too bad it's supposed to #thunderstorm all day and then snow again tonight. really #ldnont? i'm sick of these weather games
- **@blair2air:** @themetrolondon Nice to see some competition hit the area — not to mention some nice content — Cheers! Welcome to The Forest City
- **@ecoLIVINGLondon:** WORKSHOP: The Art of Soapmaking — why using a "pure" soap is essential to healthy skin — April 6 — 6:30 pm — http://bit.ly/fGlaxc #ldnont
- **@normanjames:** Another Kadri? Got this from a #ldnont Knight today: I can't stand the #Leafs, unless I'm drafted by them. Never know? Could be 1st rounder.
- **@LSFSInc:** RT @livinglime: .@KatieWilhelm is my new favourite person today. (Sorry @nikharron) Seriously, she's an enormous asset to the #ldnont arts comm. Follow her.

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Stepping into the shoes of an American legend

Canadian actor John White plays the young John F. Kennedy in The Kennedys mini-series

IAN JOHNSTON
SCENE@METRONEWS.CA

HANDOUT

▶ The Kennedys mini-series debuts Sunday on History Television.

For Mississauga, Ont., native John White, shooting The Kennedys was as much a homecoming as a learning experience.

"I moved back with the parents during filming," says the Los Angeles-based actor who plays the young John "Jack" Kennedy in the miniseries, which was shot in and around Toronto last year. "On days off, I hung around set and watched Greg Kinnear (who plays the older JFK) and others. Which is somewhat unusual. Usually on a film it's all about showing up, doing your job, and getting the hell out of the way. But the director (Jon Cassar) encouraged it."

The four-part, eight hour The Kennedys follows the famous family's tragedy-strewn personal lives from the 1930s through John F. Kennedy's shortened presidency.

Besides Kinnear, the behind-the-scenes drama stars Barry Pepper (as Bobby), Katie Holmes (Jackie) and Tom Wilkinson as family patriarch Joe Kennedy Sr..

It was Joe Sr. who first envisioned a presidency for his son; though not the son you'd expect.

"Joe favoured older son Joe Jr.," says White. "But after he was killed in the war, Jack sort of became the favourite son by default. And so he had to take the reigns."

White — who is probably best known as Erik Stiffler from the American Pie movie series — says the Kennedys' familiar Boston-Harvard accent could get a little tricky at times. White says he honed it by watching old presidential speeches.

"You'd go a little too far with it sometimes," he said "But we had a great dialect coach. He'd help tweak the accent and tell you when it just wasn't good."

Though the Kennedy story is well-chronicled, White says there are a few things about John F. Kennedy that might shock people.

"I was surprised by how many health problems he had. But he dealt with it with a real wicked sense of humour. I read some of his personal letters, which are real funny. Can't repeat them here though."

Part one of The Kennedys, featuring John White, airs Sunday on History Television.

2 scene

Scene in brief

Arnold Schwarzenegger says his new animated TV venture The Governator features a "superheroic guy" who gets things done — without constraints like laws to thwart his action.

THE ASSOCIATED PRESS

Fans carry Taylor Swift to ACM entertainer of the year, Miranda Lambert wins 4 awards

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▶ Jeff Bridges reboots his role as Flynn, both old and young, in Tron: Legacy

TRON's tech magic wows again

TRON: Legacy
Genre: Scifi
Director: Joseph Kosinski
Stars: Jeff Bridges, Bruce Boxleitner

As dumb as the tech-heavy script was, and as primitive as the graphics were (today they look like an animated black light painting), the original was undeniably savvy about the future.

The long-tinkered sequel TRON: Legacy is similarly on the threshold of a new world. Appealing both to nostalgists and futurists, it modestly expands the original story and reunites two key cast members (Jeff Bridges and Bruce Boxleitner) while anticipating a near future of film where the aging of actors no longer matters.

In this latter regard, Bridges plays Flynn both old and young: as a God-like ancient, ruler of TRON's Grid game world; and as Clu, Flynn's viral and villainous digital alter-ego, the beneficiary of an electronic Fountain of Youth. Clu, a major reboot from the TRON original, is made from Photoshopping the recreated face of a 30-something Bridges onto the body of a younger actor.

The effect is simultaneously creepy and awe-inspiring and the same can be said of the look of the picture. Add in Avatar-level 3-D and a soundtrack by French techno-ravers Daft Punk, and you have an experience that could blow the minds (and ears) of aging fanboys and nouveau hipsters alike.

Sadly, there is the story to contend with, and it's another reason why TRON: Legacy is almost there, but not quite there. The committee-written script is framed as a ho-hum rescue mission, in which Flynn's 27-year-old son Sam (Garrett Hedlund) zaps himself to the Grid, discovering a world of constant gamer warfare he's obliged to join.

Extras include deleted scenes, an audio commentary and numerous making-of featurettes.

PETER HOWELL

Little Fockers
Genre: Comedy
Director: David Bowers
Stars: Robert De Niro, Ben Stiller, Teri Polo

Erection jokes with Robert De Niro? Yes, it has come to this: 10 years after Meet the Parents implausibly took a stale sitcom premise about awful in-laws to major box-office coin, the once-great actor is reduced to shilling for the cheapest of laughs.

Little Fockers is the third and demonstrably worst in the series, and De Niro's strained antics are major reason for this. There is being a good sport and there is career suicide, and De Niro is skating perilously close to the edge.

The title refers not only to the inevitable offspring of Ben Stiller's in-law fearing Greg Focker and wife Pam (Teri Polo), but also to a vulgar surname pun that never was funny.

There are far too many extras, especially on the Blu-ray. They include a gag reel, deleted scenes and various featurettes.

PETER HOWELL

Kiera Knightley

Kiera has new rocker boyfriend

Keira Knightley has apparently moved on after her split from boyfriend Rupert Friend earlier this year, as the actress has reportedly been dating Klaxons keyboardist and singer James Righton, according to the Daily Mirror.

"She's extremely happy right now and really enjoying spending time with James. He's a real rocker and a lovely guy with it and she likes that whole scene — lately she's become far more rock and roll," a source says, being quick to add that the pair are keeping things pretty quiet at the moment.

"Keira's really smitten with James but wants to just quietly get on with it and see what happens. She certainly won't be stepping out on a red carpet with James in the near future. It's really early days." METRO

Celebrity tweets

@MissKelly0

"although i am on the most beautiful island i have ever been on and i am having the time of my life i really really miss my dogs!"

@samantharonson

"The age your child is when I meet him/her is the age that child will remain to me. So don't be mad when i bring a rattle to HS graduation."

@LouisVanAmstel

"You'd think grocery on sunday night would be quiet n fast!? Forget it, its so busy. Why sunday? Go home..I hate lines....lol"

@SteveMartinToGo

"Ageism? You tell me. Apparently, I was NOT cast as Will Smith's son in an upcoming film because I was too old."

Hurley files for divorce

Elizabeth Hurley is ending her marriage and has filed divorce papers in London, according to Us Weekly. Hurley and Arun Nayar split last year after four years together. Hurley, who's been filming scenes for the Wonder Woman TV series, has reportedly been getting serious with Australian cricket star Shane Warne. METRO

Kwantem deals with true blood

True Blood star Ryan Kwantem rushed to the aid of a bloodied man in Hollywood over the weekend, according to Us Weekly. "There was a bloody guy lying in the middle of the street," says a source, adding Kwantem "jumped out of his car and raced over." Kwantem helped move the man to the sidewalk and stayed until paramedics arrived. METRO

Sheen: Disaster Recovery Tour

Torontonians try to unload tickets Boos in Detroit, but ovations in Chicago On-stage interview format goes over better with fans

After a disastrous first night in Detroit for his Violent Torpedo of Truth Tour, Charlie Sheen says he stayed up until 4:30 a.m. reworking the show for its second night in Chicago, where he was greeted with a standing ovation instead of boos, according to E! Online. "Got to go with what got you to the dance and give the people what they want," Sheen says.

"On the bus someone said, 'You know, we could just keep driving to LA.' I said, 'F--- that. That's what losers do. I won.'"

Scrapping the video segments and opening acts from the first night, the Chicago show reportedly consisted of Sheen sitting in a chair, smoking and being interviewed by the tour's co-producer.

In Toronto, Canadians hoping to make a profit off Sheen's upcoming tour dates have, thus far, not been winning.

The volatile star will perform in Toronto on April 14 and 15 and in Vancouver on May 2.

But Craigslist and Stubhub are already crowded with vendors looking to sell tickets at cost or below, and many of the hopeful sellers are reporting tepid interest — at best.

"It's been a pretty tough go," said 27-year-old Richmond Hill, Ont., resident Jordan Resnick, who has two pairs he's trying to move at face value on Craigslist.

"(I've received) pretty much no messages. I'm hoping to get rid of them at cost so I don't have a loss, but there might be a loss there even."

Sheen's second show in Chicago seemed to go more smoothly (with a grateful crowd lauding Sheen with a standing ovation). He changed up the format for his 20-city road show after bombing in Detroit, using a master of ceremonies who asked the former Two and a Half Men star questions during Sunday night's performance.

The changes seem to have helped. Audience members said the second performance on Sheen's tour wasn't stellar, but it at least had some amusing moments. METRO/CANADIAN PRESS

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More pain, more gain

Building muscle is the quickest way to a healthy body, says star of Thintervention Jackie Warner gives you tips to get that buff body

CELIA MILNE
LIFE@METRONEWS.CA

Bursts of exercise are best for burning belly blubber.

If you want to fast-track towards a buff body, you're better off doing shorter, higher-intensity exercises than slow, steady-state exercise, according to many studies.

"It's not how long it's how hard," says Jackie Warner, a personal trainer in Hollywood and star of Bravo's new show Thintervention. "Even if you wanted to do 15 minutes a day, do that to muscle failure."

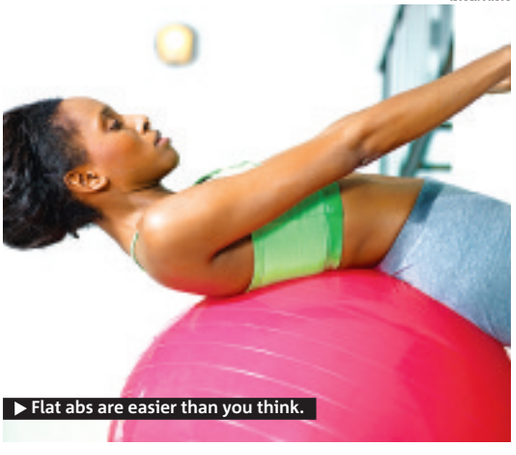
Warner's prescription for a bikini body: Work out five days a week. Here's a taste of what she suggests: Walk fast (up a hill, preferably) for two minutes, then run fast for two minutes and then walk slowly for a minute. Repeat this five-minute cycle three more times to equal 20 total minutes. Then, lift some weights that use two or three muscle groups. Do six exercise sets with very little rest in between.

"You will definitely get results with this intense style of training," Warner told Metro.

More and more evidence shows this is true. Scientists in Australia recently published results of a review of worldwide studies on high-intensity intermittent exercise (HIIE). HIIE was found to increase fitness, lower insulin resistance, build muscle and burn belly fat more effectively than low-intensity steady-state exercise.

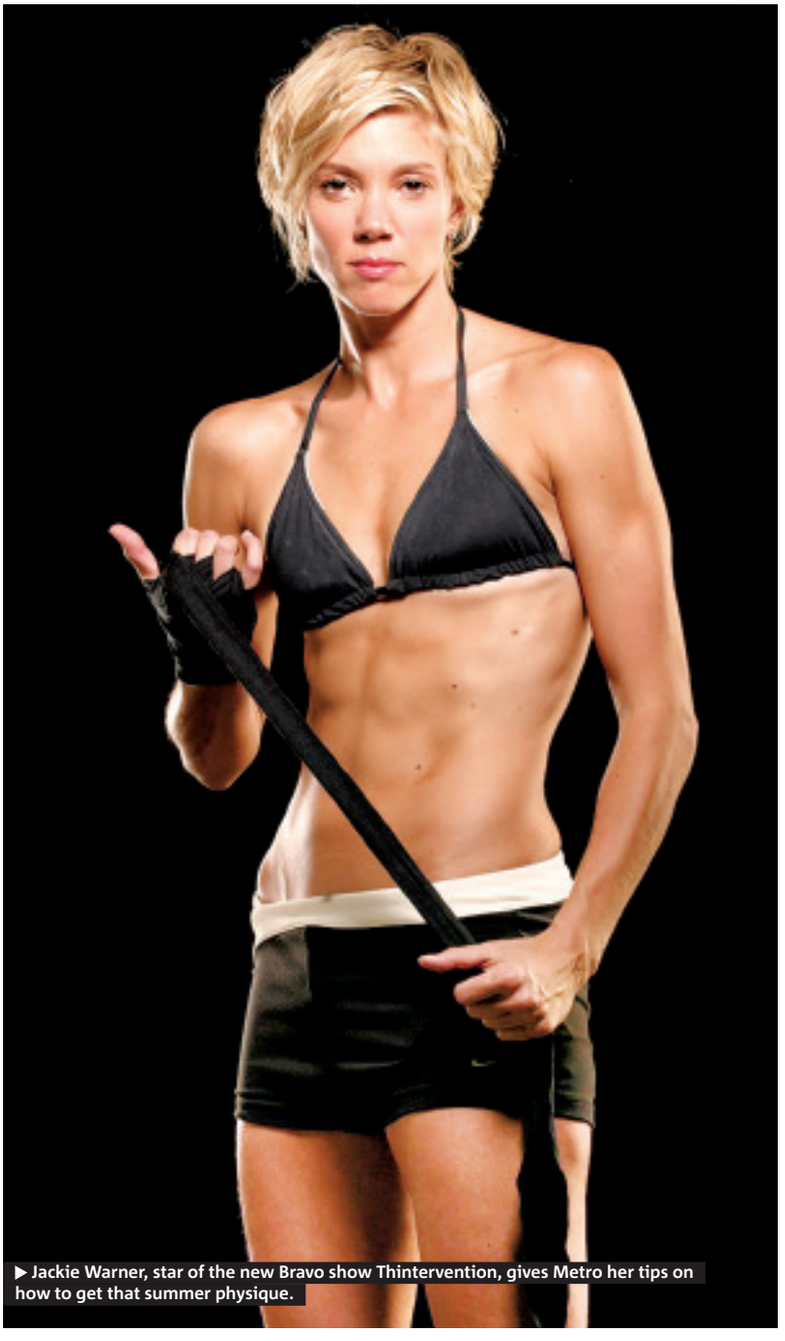
"High-intensity bursts of exercise put stress on your heart to increase oxygenation to the muscle," says Warner. "Building muscle is the quickest way to a healthy body. It is the only thing that speeds up metabolism so a person can burn calories while resting."

ISTOCK PHOTO



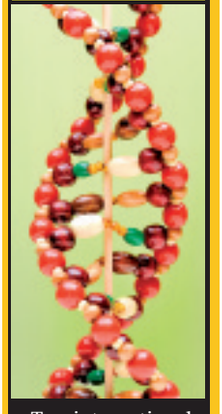
▶ Flat abs are easier than you think.

HANDOUT



▶ Jackie Warner, star of the new Bravo show Thintervention, gives Metro her tips on how to get that summer physique.

Alzheimer's



Two international research groups have identified a total of five new genes related to late-onset Alzheimer's disease and opened up new areas of research into what causes the progressive brain-destroying condition.

THE ASSOCIATED PRESS

Blood donors excluded if they spent six months in Saudi Arabia from 1980-96

Is fruit making me fat?

Weight Watchers's new points scheme gives fruit a zero value, making it an all your can eat food.

But some believe that eating too much could expand your waistline.

Fruit is packed with all sorts of goodness — vitamins, fibre, antioxidants — but the high fructose content can be a problem for people with high cholesterol or diabetes.

"Some fresh fruits including pineapple, mango and banana and dried fruit like figs have a higher calorie content than others such as water melon or berries," says nutritionist and dietician Amanda Ursell.

ROMINA McGUINNESS

A taste of southern Italy arrives in London

Trichilo's Ristorante serves up pastas, pizzas and glutten-free options

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

What a welcome change to walk into Trichilo's, Richmond Row's newest eatery that specializes in food from Calabria (the southern toe of Italy).

Located in the short-lived Picante and Smitty's, my visit predicts that this smartly designed restaurant will fare much better.

I share an order of Beef Carpaccio ($9) and devour its rich deliciousness in no time.

The thinly-sliced beef with a salad cream, mustard and fresh herbs, topped with watercress and a deep-fried egg is very savoury.

My main dish of house-made Gnocchi ($15), light and fluffy with just a hint of pan-fried crispness, arrives in a heavier cream sauce and three kinds of mushrooms. Additional flavour comes from a dash of olive oil and lemon.

The chef is still defining the menu, so for an extra $2 my Gnocchi includes tender brisket.

Risotto, pastas and pizzas, along with gluten-free options, round out the menu, but it veers close to growing too large and unfocused — burgers!?

Trichilo's Ristorante
619 Richmond St.
519-601-0960
trichilos.ca
Reservations: No
Social lunch: Yes
Price range: $10 - $16
Rating: 4.5 out of 5

PAUL MITCHELL

▶ House-made Gnocchi ($15) from Trichilo's Ristorante.

Cherry Raisin Bread Pudding

EMILY RICHARDS
FOOD@METRONEWS.CA

Ingredients:

- 1 egg, beaten
- 2 cups (500 mL) 1 % milk
- 1/2 cup (125 mL) granulated sugar
- 2 tsp (10 mL) vanilla extract
- 1/2 tsp (2 mL) ground cinnamon
- 4 cups (1 L) raisin bread (cut into 3/4-inch/2 cm cubes)
- 2/3 cup (150 mL) dried tart cherries
- 1 large, very ripe banana, quartered lengthwise; cut into 1/2-inch (1 cm) thick pieces

Creamy Topping (optional)

- 1/2 cup (125 mL) light sour cream
- 4 tsp (20 mL) packed brown sugar
- 1/4 tsp (1 mL) finely grated orange rind
- Pinch ground cinnamon

Preparation:

1. In bowl whisk together egg, milk, sugar, vanilla and cinnamon. Place two-thirds of bread in 8 inch (2 L) square baking dish. Top with cherries, banana slices and remaining bread.
2. Pour egg mix evenly over bread mix. Bake in 350 F (180 C) oven, uncovered, for 1 hour or until a knife inserted near centre comes out clean. Let cool slightly.
3. Creamy Topping: Meanwhile stir together sour cream, brown sugar, orange rind and cinnamon. Top pudding and serve.

CHERRIES: NOT JUST ANOTHER BERRY/ THE CANADIAN PRESS.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

NATIONAL PECAN SHELLERS ASSOCIATION

Superfood: Pecans

"Eating a handful (30 grams) of pecans a day could improve heart health."

A study carried out by Loma Linda University in the U.S.A. shows that the nut is particularly rich in gamma tocopherol, an antioxidant found in vitamin E that helps reduce inflammation in arteries.

"The idea is to substitute the nuts for the unhealthy fats currently present in your diet such as fatty meat or high fat cheese," explains lead researcher Ella Haddad. "Swapping these foods for pecans will help keep your calorie intake down."

ROMINA McGUINNESS

A gourmet sandwich on the go

A grilled cheese practically defines comfort, all crispy bread and gooey cheese.

And a grilled cheese is the perfect base to add other flavours, whether you fancy a slice of tomato or a little ham or turkey.

This version is similar to a grilled ham and cheese for adults. It pairs salty prosciutto with creamy, earthy blue cheese.

A touch of sweetness from apricot preserves balances the sandwich.

This quick and flavourful lunch would be great served with arugula salad and balsamic vinaigrette.

Preparation:

1. To assemble the sandwich, spread 15 ml (1 tbsp) of the apricot preserves on each slice of bread.
2. Sprinkle one slice with the blue cheese, then top with prosciutto. Sprinkle with black pepper and top with the other slice of bread, preserves to the inside. Brush each side with olive oil.
3. Using a panini press or a skillet, cook the sandwich 3 to 4 minutes or until the cheese is melted and the bread is golden brown. If using a skillet, flip the sandwich after 2 minutes.

THE ASSOCIATED PRESS

Ingredients:

- 2 thick slices country-style sourdough bread
- 30 ml (2 tbsp) apricot preserves
- 30 ml (2 tbsp) Great Hill blue cheese, or other creamy raw milk blue cheese
- 2 slices prosciutto
- Ground black pepper, to taste
- 15 ml (1 tbsp) olive oil

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ A touch of sweetness from apricot persevere balances this sandwich.

A SUCCESSFUL PICK UP ATTEMPT

Names: Tracy, 34, and Alan, 32

Hometown: Vancouver

Together since: 2009

Their story:

SUBMITTED

▶ Tracy & Alan met at Denny's

One extremely-tired Sunday, I (Alan) happened to be at Denny's (where I only go maybe once every three years) with a good friend of mine, Leah.

We were slightly hungover and were cracking jokes left and right, having a great time and laughing loudly.

Over Leah's shoulder, I thought I noticed a pretty girl making eyes at me. I didn't have my contacts in so I asked Leah to see if she really was all that. We tried to time it so as to not get caught but, of course, we failed. The instant Leah turned around, the girl looked up and locked eyes with her — busted! After a lengthy discussion, Leah and I agreed on my plan of attack. I went up to the girl's table and was about to open my mouth when six people walked in front of me. I stood there waiting, trying not to look like a weirdo, then dropped my business card in front of her and said, "Call me."

Leah and I had a laugh about my pick up attempt in the parking lot, but to my surprise, I got a text shortly thereafter with the mystery girl's name, Tracy.

We've been together for over a year now, and children and marriage are on the horizon.

It was fate!

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WARM UP TO KIDS

Are pets a good warm up to having kids?

Angela says ...

If you're thinking about a fish, then absolutely not. But if you're talking about a six-week-old Burmese mountain puppy that requires nearly 24-7 care as it adjusts to your city apartment, you're on the right track. Keep in mind you won't be making nearly as many decisions with pets as crop up with children: Cloth or disposable diapers? Organic soap? Formula versus breast milk?

Derek says...

Some people have a difficult time even remembering to feed their fish. And while some owners like to pamper their pets with "holistic" food made from duck, oatmeal and six types of vegetables, it's just not the same as raising a child. Can you answer these questions: Who is going to walk the dog before and after work every day/night (rain or shine)? Who will clean up after the first nasty accident on the couch? Who will take the dog to the vet regularly? If you can't answer those questions, perhaps you should avoid having a pet ... or a child!

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It is possible: Guide to surviving a breakup

NEWS CANADA

▶ After enduring a breakup, it could be helpful for you to spend some time with your family and friends.

Breakups don't get any easier with age or experience.

Every time you invest your time, money, hopes, and dreams in a relationship, you are bound to get hurt if it comes to an end. But instead of holing yourself up and vowing to never try again, consider these suggestions to get back on your feet.

Talk it out

Your friends want to be there for you, so don't be afraid to reach out and vent your sadness, fears, and frustrations. A good friend will listen and avoid making you feel worse by saying something along the lines of "I-told-you-so."

Don't be drastic

Instant reactions to breakups can be very regrettable and make you feel much worse later on. This may include calling your ex to beg for a second chance, getting a dramatic haircut, jumping into another relationship before you're ready, or all of the above.

Mourn and reflect

You can learn valuable lessons from every failed relationship. Use this time to journal, shed tears, and decide what you will do differently next time. Seek advice from family and friends if you think it will be beneficial.

Help someone else

Taking the focus off yourself to help someone else in need will help you to put things in perspective. Consider sponsoring a child in need with an organization like Christian Children's Fund of Canada (ccfcanada.ca). You can use your pain to empathize with someone who is suffering and make a difference in their community.

Get busy

Spend time with friends and family, take up a new hobby, and participate in your passions. Eventually, your ex will disappear from the top of your mind and you'll be too busy to notice.

Being single is a valuable time of self-discovery and reflection.

Decide what your priorities in life are and how you will work to achieve your goals. Know that time will heal the hurt and — whether you decide to stay single or to get involved in a new relationship — be strong and don't be afraid to take risks.

NEWS CANADA

Don't forget your folks

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Helping or supporting an elderly parent is an increasing fact of life, and can be a financial burden. Here are three tax saving tips from H & R Block to help. First off, you need to make sure your parents' taxes are filed even if nothing is payable. This is particularly important if the parent or parents are receiving the Guaranteed Income Supplement (GIS). Like other government programs it depends on an up-to-date tax return.

Family matters:

- One-in-three Canadians age 45 to 60 are caregivers to aging family members.
- 44 per cent of those surveyed support children as well as an elderly relative.

Caregiver credit

If you are providing support you may be able to claim this amount. Your parent or parents must be 65 or over, have an income of $18,645 or less and be living with you. You can also claim parents under the age of 65 if they are dependent on you because of a disability. Unfortunately, no matter how much support you provide, they have to be living with you in order to claim the caregiver credit. There is a federal amount of $4,223 for each dependent which will cut your taxes by $635. There are also provincial caregiver amounts that will add to your savings.

ISTOCK

▶ Taking care of parents and their taxes can yield savings for you.

Disability Tax Credit

I have written about this in the past, encouraging adult children to apply for the DTC if a parent qualifies for it. Many don't realize that if the parent's income is low, the DTC can be transferred.

However, in order to do this you need to establish that your parent depends on you for some or all of the basic necessities of life. This can be a huge benefit to the struggling sandwich generation.

Nursing home expenses

If you pay for your parents' nursing home fees, you may be able to claim them as a medical expense. But you will have to make a choice between these expenses and the disability tax credit, because you can't have both.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

LOVE AND LOONIES

Hooking up with someone permanently means working through financial logistics. Before joining households, talk about whether to merge finances. Should you join accounts? Generally, if couples act as a team, either strategy will work.

The benefits of combining accounts, loans and assets are: fewer accounts to monitor, easy sharing, transparency (helps with budgeting, taxes and communication), and reduced banking fees. But, sometimes when couples pool money, it creates the perception they're flush with cash, which triggers overspending. Couples can also disagree on spending habits which can translate into nasty money fights. Plus, if the relationship ends, one partner could take off with the financial resources (this would be settled later on in court).

Who's going to pay the bills? Legally, the person whose name is on a bill is responsible for paying it. If the bills don't get paid, lenders will harass you at home and work, and eventually report you to credit bureaus. List the bills in the name of the person who will ensure they get paid in full and on time. If you're name isn't on a bill, you don't build credit (even if you're a co-applicant on a credit card).

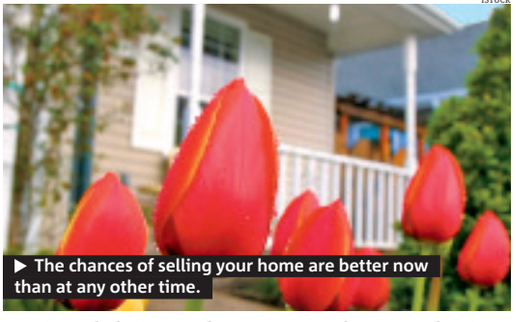
Prepping your pad

Easter weekend — April 22 through 25 — is a busy time for home sales Start getting your place ready

"Statistically, more sales take place on this weekend than at any other time of the year," says Phil Soper, president and chief executive, Royal LePage Canada.

"Home buyers and sellers want to be settled in their new homes by end of summer to coincide with the start of the school year. That accounts for much of the action on Easter weekend," Soper adds.

ISTOCK



▶ The chances of selling your home are better now than at any other time.

If you're selling your home

• Take time to clear away winter's refuse outside your home, sweeping front steps, raking up leaves and picking up litter that may be left behind from earlier snow banks.
• Consider using the services of a professional home stager — well worth the investment of within the several hundred dollar range.
• Be willing to accept an invitation to celebrate the holidays at someone else's home. Cooking odours, guests and clutter are best left to others at this time.
• Feel free to go away for the weekend, but don't be out of reach. Your real estate agent could be calling with some good news.
• Take the first offer seriously — it's often the best. It's tempting to see what else comes along, but remember, buyers are usually as motivated as sellers on this weekend.

If you're buying a home

• Hire an agent. They often have the inside track and often know of listings that are coming up and not yet on the market.
• Clear your calendar for Easter weekend and make yourself available to visit homes.
• Before you head out to visit homes, review your priorities and make a list, itemizing the features you want most in your future home.
• Take detailed notes, comparing features and location to your priorities.
• Be ready to make an offer — other buyers are surely standing by.

NEWS CANADA

DISCOVER WHAT I KNOW AND STOP WORRYING ABOUT MONEY!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession, but **a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.**

Robert Kiyosaki's new book *Conspiracy of The Rich* is a NY Times Bestseller

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Robert Kiyosaki will not attend this event.

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4 sports

Fringe teams in battle of numbers

Twenty teams still alive with a week left in NHL regular season

A win isn't necessarily worth what it used to be in the NHL.

As the push for the playoffs hits high gear in the final week of the regular season, the league's new tiebreaker rule will help determine what the first-round matchups look like.

General managers decided a year ago to alter the tiebreaking format and have the first criteria become the greatest number of wins in regulation and overtime (excluding the shootout) — rather than simply the total number of wins.

"My feeling is that if you win in 60 minutes or you win in the five minutes of overtime it has a little more impact and means a little more than if you win a shootout," said Detroit Red Wings GM Ken Holland, a driving force behind the change.

The second tiebreaking criteria is the greater number of points earned in games between the tied teams while the third is goal differential.

With a total of just 49 games to be played in the regular season, there were still 20 teams with a mathematical chance of earning a trip to the post-season.

Eight of those teams had already clinched a spot entering play yesterday. Here's a closer look at where the remaining 12 stood in the chase:

East

- **6. Montreal, 91 points** Any hope of challenging Boston's division lead has disappeared with a swoon down the stretch.
- **7. Buffalo, 90 points.** The Sabres have fought off challenges with backup goaltender Jhonas Enroth starting three games in place of the injured Ryan Miller.
- **8. N.Y. Rangers, 89 points.** They've used the shootout to their advantage — Sunday's win over Philly was their ninth of the season in the tiebreaker.
- **9. Carolina, 87 points.** After a heart-breaking overtime loss to Buffalo on Sunday, the Hurricanes still find themselves in the thick of the race.
- **10. Toronto, 84 points.** Despite a spirited run in the second half of the season, the Leafs needs to win all three remaining games and get plenty of help.

CLAUS ANDERSEN/GETTY IMAGES

▶ Jochen Hecht screens James Reimer during the Maple Leafs' 4-3 win over the Sabres March 12. Buffalo is one team standing in the way of Toronto's post-season chances.

West

- **4. L.A. Kings, 96 points.** Hanging tough without top scorers Anze Kopitar and Justin Williams, the Kings appear poised to earn a second straight playoff berth.
- **5. Phoenix, 96 points.** The Coyotes are sitting pretty even though they don't have one 20-goal scorer in the lineup (Shane Doan leads with 19 goals).
- **6. Nashville, 95 points.** The Preds have vaulted themselves into playoff position with a 7-1-1 run.
- **7. Anaheim, 93 points.** Buoyed by Corey Perry's scoring streak, the Ducks control their own playoff fate after missing last year.
- **8. Chicago, 92 points.** The Blackhawks have gone 5-5-2 over their last 12 games and are in danger of missing a chance to defend their Stanley Cup.
- **9. Calgary, 91 points.** The scenario is straightforward for the Flames — win the last two games and hope for some help. One-goal losses in March might prove costly.
- **10. Dallas, 89 points.** With four games left on the schedule, they can make things interesting by winning them all.

THE CANADIAN PRESS

Quoted

"This one has been the toughest, not necessarily physically but for sure mentally. It was so serious I was worried I wouldn't be able to function properly."

VANCOUVER DEFENCEMAN SAMI SALO ON RUPTURING HIS ACHILLES TENDON LAST SUMMER. THE 36-YEAR-OLD MISSED THE FIRST 52 GAMES OF THE SEASON.

Curling. Canadian wins again

▶ Team Canada skip Jeff Stoughton, right, makes a shot as lead Steve Gould and second Reid Carruthers sweep against team Korea in Regina yesterday.

THE CANADIAN PRESS

Stoughton wins again at curling championships

Canada's Jeff Stoughton earned his fourth straight win at the Ford World Curling Championships with a 7-4 decision over Dong Keun Lee of South Korea.
Scotland's Tom Brewster kept pace with the hosts at 4-0 following an 8-5 victory against Germany's Andy Kapp.
Sweden's Niklas Edin and Thomas Dufour of France were chasing the leaders at 3-1. The Swedes thumped China's Yansong Ji 9-1 while the French defeated Denmark's Tommy Stjerne 8-5.

Alfie's year over

Senators captain won't be back in lineup for rest of season, but doesn't plan to retire

Ottawa Senators captain Daniel Alfredsson won't be returning to the ice this season but the 38-year-old still feels he has more hockey left in him next year.

Tonight's game against the Philadelphia Flyers at Scotiabank Place will be the 26th straight contest Alfredsson will have missed because of a back injury.

He tried returning to practice two weeks ago but hasn't done so since. Alfredsson confirmed yesterday he'll sit out the Senators' remaining three games.

"The progress has been going pretty good, but skating has been the one (thing) that has troubled me the most," he said. "I felt OK on the ice, but not good enough to justify playing in a game."

Alfredsson endured the worst of his 15 NHL seasons after finishing with just 14 goals, 31 points and a plus/minus rating of -19 in 54 games.

Alfredsson, whose last game was a loss to the Vancouver Canucks on Feb. 7, has thus far avoided surgery and said he prefers not to go down that road.

The injury has limited his leg strength and he has trouble putting any power into his stride.

He'll be 39 in December and questions have been raised about how effective he'll be with another year under his belt. But Alfredsson aims to report to training camp fresh and ready to help the Senators move on from missing the playoffs for the second time in three years.

"Obviously, (the injury) has been dragging on for a while and it has been limiting to a lot of exercising and so forth, but I expect to be back next year," he said. "It feels a lot better than it did a month ago and we're going to continue this (rehab) and in another month, hope I'll feel good enough where I can start with a heavier off-season program.

"There's no need for him to come back and risk further injury."
JASON SPEZZA

"It's not something anybody wants to go through, but it's been a frustrating year for a lot of reasons."

THE CANADIAN PRESS

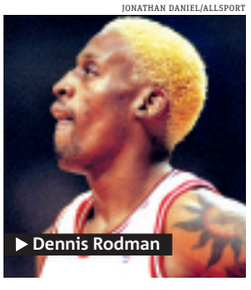
Rodman headed to Hall of Fame

Dennis Rodman, Chris Mullin and a trio of coaching legends are part of the Naismith Memorial Basketball Hall of Fame's Class of 2011.

Coaches Tex Winter, innovator of the "Triangle" offence, Stanford's Tara VanDerveer and Philadelphia University's Herb Magee are part of the class announced yesterday in Houston.

THE ASSOCIATED PRESS

JONATHAN DANIEL/ALLSPORT



▶ Dennis Rodman

NFL will target HGH: Goodell

Commissioner Roger Goodell says the NFL will insist that its next labour deal with players includes testing for human growth hormone.

After appearing yesterday at a high school to speak about the dangers of steroid use, Goodell said the NFL needs to do more to keep banned substances out of the sport.

THE ASSOCIATED PRESS

15-year-old set to enter OHL draft

Whether Aaron Ekblad likes it or not, his decision to enter the Ontario Hockey League at age 15 has opened him up to more scrutiny.

Since being granted "exceptional player" status by the league last week, the big defenceman has tried to distance himself from the exceptional part of his situation.

"I don't see myself as someone special," Ekblad said modestly at the OHL's development camp over the weekend.

Having celebrated his 15th birthday just over a month ago, Ekblad already stands at six-foot-three and 200 pounds. He is also strong academically.

Were it not for all of those things, the native of Belle River, Ont., would never have been welcomed into the OHL.

He's the first 15-year-old to be granted special status since Hockey Canada took over the review process a few years ago. The organization's independent three-man panel takes into account whether the player can handle expectations.

"I think that's really what the process is all about — identifying his maturity level, his family support, his education, his background in just being able to deal with media scrutiny and fan scrutiny," said Brad Pascall, Hockey Canada's vice-president of hockey operations and national teams.

Ekblad and his parents handed in paperwork to the Ontario Hockey Federation ahead of the Feb. 15 deadline, setting in motion a five-week review that included everything from interviews and psychological examinations to the submission of reports from teachers, hockey coaches and scouts.

John Tavares was the last 15-year-old admitted to the OHL in 2005 — a review that was handled by the league. **THE CANADIAN PRESS**

"He's a very special young man. I think he'll prove that in the years to come."
OHL COMMISSIONER DAVE BRANCH ON AARON EKBLAD

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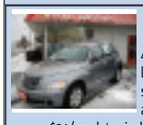

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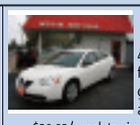

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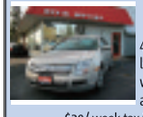

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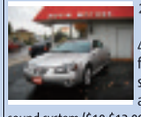

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62 SHAW BL
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Lovely raised open concept ranch in Lynhurst St Thomas. Neutral colours, with large windows that let in lots of sunlight. Raised deck off dining room to good sized backyard. Three good sized bedrooms with large walkin in the master. Lower level done with fourth bedroom, four piece bathroom and big, big family room. Lots of room for the kids to play and lots of room for the parents to enjoy television.

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30 Cronyn Crescent
Stan Burditt *
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This 4 bedroom home backs onto Kiwanis park. Fabulous backyard has shed, pergola and pond. Garage with hydro, phone & Cable...perfect for workshop. 3 levels of updated space with a bathroom on each level! Hardwood floors and newer windows. Updates bathrooms.

1888 Downes Court
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500 Osgoode Drive
Val Fournier *
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Lots of storage. Eat-in kitchen. Formal dining room overlooking living room with sliding patio doors to your own small deck and private fenced in yard. Basement has extra bedroom and finished den/home office, large storage and laundry room. Upstairs has three bedrooms, master bedroom has big triple closet. Parking included. Current condo fees under $200 add to the affordability.

1276 Staffordshire Rd
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This lovely 4 bedroom 3 bath home located on a quiet road in desirable Hunt Club Green. This home features hardwood flooring on the main level, ceramic, great patio & a spacious main floor family room with gas fireplace. All 6 appliances are included: Fridge, stove, washer, dryer, microwave and dishwasher. This home is move-in ready, close to shopping, schools - both elementary & secondary, downtown but also accessible to walking trails and nature. 2 car garage.

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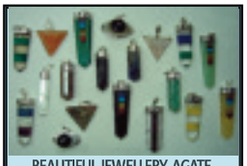

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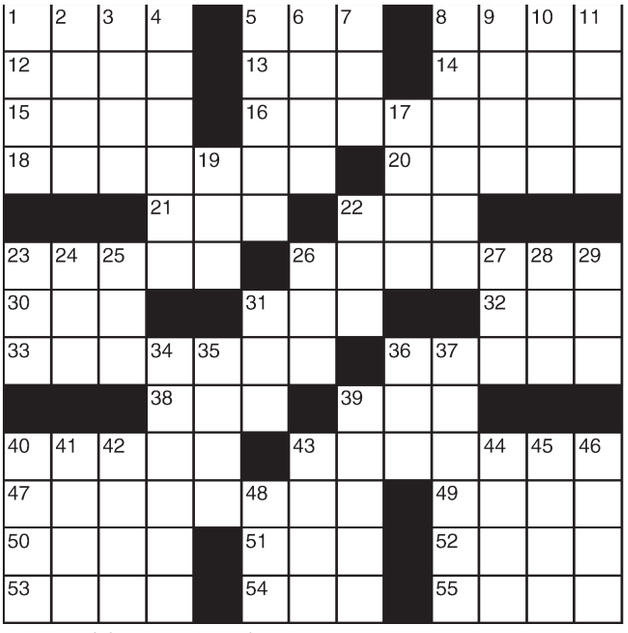
Crossword



Across

1 Imp
5 Awful
8 Decline, with "on"
12 Old Italian money
13 Id counterpart
14 Sheltered
15 Addict
16 Limit
18 Alter the presentation
20 Tract of wasteland
21 Donkey
22 Card player's call
23 Reek
26 Turn over a new leaf
30 Charged bit
31 See 54-Across
32 Pair
33 Fix the locks?
36 Rash
38 U.K. reference bk.
39 Namely (Abbr.)
40 Plant swelling
43 Put back the way it was
47 Check
49 Always
50 Choral voice
51 Wildebeest
52 Supermarket stack
53 Thailand, once
54 With 31-Across, supplement
55 Coin aperture

Down

1 Astigmatism problem
2 React to yeast
3 War god
4 Plaid fabric
5 Ice mounds
6 Pulitzer winner James
7 Two, in Tijuana
8 Mom or dad
9 Others (Lat.)
10 Denomination
11 Brother of Cain and Abel
17 Anything but that
19 Request
22 Obtain
23 Round Table address
24 Pirouette pivot
25 The chosen
26 Regret
27 Billboards
28 Trench
29 "— Story 3"
31 Antiquated
34 War dance percussion
35 2001, e.g.
36 Owned by that guy
37 Montezuma's people
39 Where the action is
40 Historic periods
41 Sandwich shop
42 "Cómo — usted?"
43 Skaters' 39-Down
44 Elliptical
45 Nevada city
46 Formerly, formerly
48 Candle count

▶ Yesterday's answer

A	N	T	I		M	I	D		A	R	A	B
C	O	R	N		A	K	A		D	E	C	O
E	P	I	C		D	E	M	I	J	O	H	N
D	E	M	A	N	D		P	O	U	R	E	D
			S	E	E	M		U	R	I		
D	E	M	E	A	N	O	R		E	E	L	S
O	V	A		T	E	N	O	R		N	E	E
H	A	R	P		D	E	M	E	N	T	I	A
		K	I	D		Y	A	L	E			
I	N	S	T	E	P		N	Y	M	P	H	S
D	E	M	O	C	R	A	T		C	O	O	P
L	E	A	N		O	B	I		O	L	L	A
E	R	N	S		F	C	C		N	O	D	S

Sudoku

3					9	8	5	
	8			7		1	4	
1			8					7
				4			6	1
		8				9		
9	6			3				
8					6			2
	9	3		2			1	
	2	5	7					9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Big Al, you might be living with a creepshow, good thing I think you're cute. See ya later for some dancing. Love, **THE FLASK**

*Dear Brian B., A lot of words to say but we both already know how much We Love Each Other, just wanna let everyone know that we'll do everything we can to make our relationship more stronger, happier and will last forever. *Advance Happy 2 yrs. 4 months my Boo* Love,* **JCO**

Eric I can not believe that we meet 3 years ago and that we are going be married in 5 months. I love you so much and can not wait to spend the rest of my life with you. We built our relationship so strong no one can tear it down. I love you monkey your always and forever **MARTINA**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ **Aries** March 21-April 20 Some things happen without any apparent rhyme or reason and you need to accept that.

♉ **Taurus** April 21-May 21 You have serious responsibilities to take care of and there can be no more excuses.

♊ **Gemini** May 22-June 21 You will be inspired to reach out to other people.

♋ **Cancer** June 22-July 22 Someone in a position of authority will smile on you today.

♌ **Leo** July 23-Aug.23 You can still turn a lost cause into a triumph.

♍ **Virgo** Aug. 24- Sept. 22 This should be a lucky day for you but to what extent depends on your willingness to make sacrifices for the wider good

♎ **Libra** Sept. 23-Oct. 23 The more challenging a situation is the more it can help you grow.

♏ **Scorpio** Oct. 24-Nov. 22 Don't waste your precious time arguing with people who to your way of thinking are foolish in the extreme.

♐ **Sagittarius** Nov. 23-Dec. 21 Choose your goals carefully today. Make them special.

♑ **Capricorn** Dec. 22-Jan. 20 Steer clear of other people's fights and feuds.

♒ **Aquarius** Jan. 21-Feb. 18 Someone you have to deal with today will be all over the place, both mentally and emotionally.

♓ **Pisces** Feb. 19-March 20 . Reach out to the world over the next 24 hours. Remind people you're still alive and kicking. **SALLY BROMPTON**

Caption contest

JOHN WAGNER/THE ASSOCIATED PRESS

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WIN! **You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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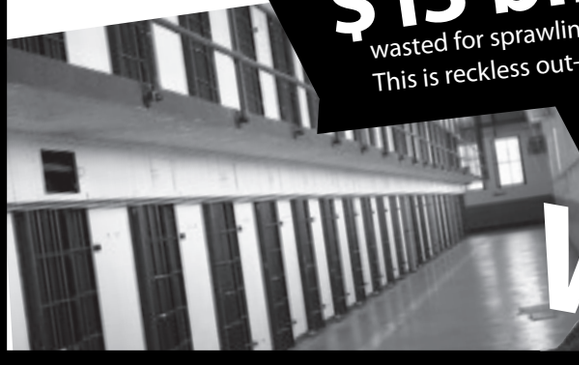
wasted on mismanaged G20 summit in Toronto! $1.9 million wasted to build fake lake beside real Lake Ontario!

$13 billion

wasted for sprawling U.S.-style mega-prisons! This is reckless out-of-control spending!



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